Hawaii Marine C Section March 26, 2004

1/12 slays Monsters

Pfc. Rich Mattingly Sports Editor

Fast-paced breakaways, focused defense and solid fundamentals were the key to 1st Battalion, 12th Marine Regiment's Intramural basketball team's 67-47 victory over the "Monsters" of Wing 2 Executive Transportation Detachment in action Tuesday night at the Semper Fit Center.

The game started with a flurry of scoring from 1/12's one-two combination of center Carl Griffin and point guard Ian Manondgo. two were on fire all night, leading the scoring for the victorious artillerymen. Both would finish the game boasting double-digit efforts.

Midway through the first half, the score was 18-10 in favor of the lightblue jerseys of 1/12. It looked like they might pull away permanently when a streaking Devaill McCoy brought the crowd at the Semper Fit Center to its feet with a rim-shaking

slam dunk over two 1/12 defenders.

McCoy's acrobatic scoring brought the Monsters within three points, and spurred his team down the court with its first chance to take the lead.

With great efforts from players like Peter Vapor, who had lightning fast breakaway steals, and forward Elton Garner, the crowd could sense a change in momentum. But after a sloppy exchange of possessions on both sides of the ball, 1/12 remained on top and slowly increased the disparity, basket-by-basket.

As the second half opened, the score was 23-17 in favor of 1/12, and again the combo of Griffin and Manondgo struck to set the tone.

Off the opening tip-off, the pair took it to the house with a chemistry that kept their team pulling away as the half progressed.

The Monsters worked the perimeter hard and showed themselves to be a strong defensive team, but they just couldn't get their shots to drop despite playing more solidly in the

second half.

Play just got ugly near the end of the game, with blatant fouls and frustration from both teams. The final score didn't reflect the hard play of the Monsters, as ETD let many chances to score slip away.

The final score of 67-47, giving the win to 1/12, was capped by an arcing buzzer-beater off the hand of Griffin.

"We had a lot of fun tonight," said Manondgo. "We played alright, maybe a little sloppy, but it was a good game."

On the opposite side of the court, reaction to the game's outcome was muted.

"It could've been a lot better for us tonight," said Garner of the Monsters. "We just didn't do what it takes to win. The second half was much better than the first, but we didn't start that way."

Both teams congratulated each other for a hard-fought game, shaking-off the game-time intensity to laugh and joke about plays.



Carl Griffin, center for 1/12, launches a three-pointer just over a leaping Kenny Parker.

Pilates method stretches out at Semper Fit



Pilates method is an effective way to increase joint flexibility and overall muscle strength by using resistance training that involves props such as blocks and wraps.

Lance Cpl. Megan L. Stiner Combat Correspondent

In the 1920s a body-conditioning enthusiast created a phenomenon in the art of physical fitness that has continuously increased in popularity and effectiveness over the years. Now, his concepts of fitness have made their way from New York to MCB Hawaii, Kaneohe Bay, and are being used in conditioning routines at the Semper Fit Center.

The accomplished skier, gymnast, diver and boxer sought after an exercise system that focused on improving flexibility and strength for the entire physique without building muscle mass. This concept that was designed from years of research and experience is known as the Pilates Method.

Created by Joseph H. Pilates, physical trainer and founder of the Pilates Studio, the method combines a stress-free mentality with controlled movements to engage the body and mind in an effort to promote a healthy physical condition.

The German native founded his unique style of body conditioning after an exercise apparatus he had designed for immobilized patients. The original inspiration consisted of springs that attached to hospital beds and served as the foundation for the specialized exercise apparatus that is now used in the Pilates Method of fitness exercising.

Service and family members aboard K-Bay can experience the effects of Pilates on a monthly basis at the Semper Fit Center.

Pilates instructor Patricia Salvani has been involved in the fitness program for 10 years. She discovered Pilates when she was traveling around Europe and Italy where the methods are practiced much more frequently than in the United States.

See **PILATES**, C-6

All-Military bowlers challenge Marines

Lance Cpl. Michelle M. Dickson Combat Correspondent

Believing that there is nothing more enjoyable in life than some healthy competition, the Hawaii All-Military Bowling Tournament pitted Marines against Sailors, soldiers and airmen last week. After the last pin had been struck and the frames tallied up, the Air Force had rolled to victory.

Try outs for the annual competition begin in February at each military base. The top six males and the top four females then advance to represent their branch at the Hawaii All-Military contest, which lasts four days in March. Teams play six games per day, each at a different location.

During the doubles competition on Day One at Hickam Air Force Base, Army females won, and Navy men striked their

way to victory. During mixed doubles on Day Two, at MCB Hawaii, Kaneohe Bay, the Air Force completely dominated.

Day Three at Fort Shafter, tested individual competitors in singles events. The Air Force and Army triumphed after 10 frames. In final competition during Day Four, every branch was looking out for itself. When the judges tallied final scores, the male retirees and the Air Force females had conquered the other services.

Millie Gomes, bowling program director for Navy Region Hawaii, said it's always fun to see such healthy competition between the military branches.

"You can really see a lot of camaraderie all of the branches have with each other," she said. "With the challenge of trying to prove they are the best, everyone really gets close, even for a sport like this."

Gomes was especially pleased with the turnout despite budget cuts.

"The competitors still wanted this to continue," she explained. "We promote the competition and everyone has a good time. It's well-worth it to the people competing."

Marines couldn't make it to last year's tournament, as most were deployed, so Gomes was pleased that they rounded out and made the competition complete this

All military members are invited to ready themselves for tryouts next year. Though airmen were named champions in 2004, there's almost a year's worth of splits, spares and strikes to be perfected for Marine Corps Base Hawaii Marines and Sailors to take home the bowling championship in 2005.



Josh Weaver, electronic technician for 3rd Radio Battalion, bowls a strike for the Marine team.

BASE SPORTS =

Edward Hanlon V MCCS Public Relations

March

27 / Saturday

Spring Splash — Join the Marine Corps Community Services aquatics crew for the 2004 Spring Splash at the Manana Housing pool. Events will be held from noon till 4 p.m., and are free to military, family members, DoD civilians and reservists.

Loads of music, games and door prizes, along with numerous other activities will be available. Call the base pool at 254-7655 for more details.

28 / Sunday

Gone Fishin' — Join Mahalo Kai Fishing Charters for a day beyond the bay. Located at the base marina, the charter now has two different boats for all of your fishing needs.

Spend your day with family and friends off the coast of windward Oahu, and enjoy catching some tasty fish.

Call 254-7667 for more information.

Pool Plunge — Wet your feet and beat the heat at any one of four MCCS pools: the K-Bay main pool, Bldg. 981; Hilltop pool, Bldg. 502; the Officers' Club, for members only; the Camp Smith pool, Bldg. 125; and the Manana Housing pool, Bldg. 840.

Adventure Training Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and complete physical training at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing, and Adventure Training is offered at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff NCOs should call the base marina at 254-7667 for more details.

29 / Monday

Intramural Bowling — Put a shop team together and knock the competition over! Commanders' Cup organizational meeting will be open to all authorized patrons including family members. Intramural bowling tournaments will be held every Monday beginning April 5.

Teams of four must have at least one person of the opposite sex; cost is only \$10 per player.

For more information, get the spin at K-Bay Lanes, 254-7693.

Inexpensive, Fun Entertainment — Look no further for economical entertainment, as Mondays through Thursdays all E-5 and below receive free rental shoes and discounted games at only \$1.50 a game at K-Bay Lanes. This discount is good for open play and does not qualify for tournaments, leagues or unit functions.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center, and is open for children ages 6 weeks and older. All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

30 / Tuesday

Varsity Regional Softball Team — Every Tuesday and Thursday at 6:30 p.m. on K-Bay's Annex Field, all Marine softball players, islandwide, can try out for the Varsity Regional Softball Team.

Call Joseph Sutter for more information at 257-2123.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join the newest tor Youth Activities for Okinawa Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Bldg. 1391,

Day Store.

Adults and children are welcome, and class costs are only \$35 for adults, \$25 for children and an additional \$20 for other family members.

located behind the 7-

Call Youth Activities for more details at 254-7610.

April

6 / Tuesday

Spring Swim Lessons — April 6 marks the start of Session I (April 6 – 16) of Spring Swim Lessons, which will run every Tuesday through Friday from 1 to 5 p.m.

Classes are available for all ages; call 254-7655 for price information.

Coaches Meeting — An organizational softball coaches meeting will be held on April 6 at 2 p.m. in the Semper Fit Center gym; a volleyball coaches organizational meeting will be held on April 13 at 2 p.m. in the center's Athletic Office.

12 / Monday

Camp Smith Volleyball — If you haven't registered for the Camp Smith Volleyball League, call 477-0498. The league is open to all Camp Smith personnel, and games will be played at 11 a.m. and noon.

Base All Stars

NAME: Ian Manondgo

SPORT: Basketball

TEAM: 1/12

- Manondgo, 21, is originally from Mililani and plays point guard.
- He has been playing basketball for more than 14 years.
- He first seriously played basketball for Mililani High School before enlisting in the Marine Corps.
- He scored more than 20 points in 1/12's Tuesday night Intramural Basketball game



Intramural Basketball Standings

	Wins	Losses
1/12	6	0
MAG-24 Bulldogs	8	1
3rd Marines	8	3
ETD Monsters	6	4
MALS-24 Warriors	6	4
VP-4 Skinny Dragons	6	4
Mess Hall	6	4
CPRW-2	5	5
HMH-363 Red Lions	4	6
MCAF	4	6
MALS-24 Supply	4	7
HQBN Second2None	3	7
VP-4 Topside Dragons	2	8
SNCO Academy	1	10

(Intramural Basketball standings are current as of March 17.)

Intramural Baseball Standings

	Wins	Losses	Ties
MAG-24	8	1	
1/12	3	1	2
HQBN	4	3	1
3/3	4	5	1
VP-4	4	6	2
VP-9	3	5	

(Intramural Baseball standings are current as of March 17.)

COMMUNITY SPORTS

HQSVCBN Hosts B'ball Tourney, Tomorrow

Participate in the 3-on-3 Basketball Tournament, tomorrow beginning at 8 a.m. at the Camp Smith Gym. Cost is \$15 per team and \$5 per man, per event, which will include a three-point shoot out, slam dunk challenge, and free throw shootout.

All proceeds will go towards the 2004 Marine Corps Ball for Headquarters and Service Battalion, Marine Forces Pacific. Tournament champions and event winners will take home trophies and prizes, in this first of many events planned by the Marines of Camp H. M. Smith.

For more details, contact Sgt. Demetre Riddick at 477-8394 (e-mail riddickdd @mfp.usmc.mil), or contact Sgt. Chris Brothers at 477-8594 (e-mail brothe scp@mfp.usmc.mil).

Hikers to Tackle Nuuanu Loop

The Hawaii Trail and Mountain Club invites intermediate hikers to trek the four-mile Nuuanu Valley Lookout, Saturday at 8 a.m. To register, contact coordinator Phil Booth at 382-4709.

A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18. Firearms, pets, radios and other audio devices are prohibited.

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes for the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is April 16 from 5:45 to 9:45 p.m. and April 17 from 7:45 a.m. to 4:30 p.m. at the Nimitz Business Center, Room A-212A. A picture ID is required for entry.

For more information about outdoor education, or to sign up for the next available course, call 587-0200.

5-on-5 Tourney to Benefit Radford H.S.

The First Class Petty Officer Association is holding its first-ever Ed Earhart Scholarship Fund Basketball Tournament on May 15 - 16. This twoday event, to be held at the Bloch Arena at Pearl Harbor, is a 5-on-5, double-elimination, round robin tournament.

Entry fee is \$150 per team, with prizes for the top three teams. All proceeds will go to the scholarship fund, which provides a \$1,000 annual scholarship to a

deserving senior of an active duty member at Radford High School.

The fund bears the name of AG1 Earhart who gave his life at the Pentagon on Sept 11, 2001.

For more information, call AG1 Kathleen Denson at 471-4765

Sea Scouting Opens to New Members

Teens ages 14 - 18 who are interested in learning to sail and operating or steering a boat, powerboat or other outdoor adventures such as scuba diving, can do all this and more as members of Sea Scouting.

Sea Scout Ship 64, sponsored by the USS Missouri Memorial Association at Ford Island, is inviting all interested boys and girls to join the group, which meets aboard the Battleship Missouri (BB-63) at Pearl Harbor and at Keehi Marina. The group owns two 20-foot sailboats.

Sea Scouting is a national program that has been around for more than 90 years. Scouts elect their own leaders, and plan and run their own program under the guidance of experienced adults. Activities aren't just nautical, either, as social events are part of the schedule.

For more information about this invitation to a meeting, call Win Davis at

261-3967.

Hawaii to Host Martial Arts Contests

"Rumble on the Rock," full-contact fighting events that showcase the skill of various martial arts forms throughout the world, will showcase on various dates on the islands of Oahu and Hawaii.

The contests aim to provide positive role models and guidance for today's youth. They will consist of a minimum of six events, using jiujitsu, boxing, karate, kickboxing, wrestling, pankration, tae kwon do, free-style fighting, judo and other forms of martial arts.

Mark your calendar for these dates:

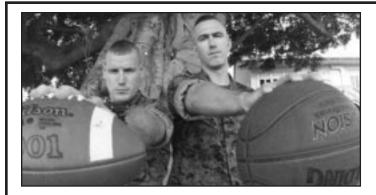
- May 7 at the Neal Blaisdell Center,
- Aug. 21 at the Stan Sheriff Center,
- •Oct. 16 at Afook-Chinen Civic Auditorium in Hilo, and

• Dec. 11 at the Neal Blaisdell Center. For more details, or sponsorship opportunities, call 640-4746.

Hawaii Marine Accepts **Sports and Recreation Briefs**

Advertise sports and recreational activities of general interest to the DoD community in the *Hawaii Marine*.

E-mail Community Sports items to editor@hawaiimarine.com, or call at 257-8836 or 257-8837.



HE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Should Pete Rose 'hustle' into the Hall?

Capt. K. D. Robbins The Professor

Leave it to The Goat to dare me to broach the subject of the biggest shyster in all of America — Mr. Pete Rose.

The only problem with Pete Rose's gambling addiction is that he isn't very good at it.

(For all you Air Jordan fans, Michael has the same problem.) Therefore, in Pete's case, he has to invent new and interesting ways to feed his addiction.

In the latest of clever Pete Rose schemes, he dares to admit to gambling on baseball after nearly 15 years of denying any such

So, after embarrassing former friends, fans, teammates and all those in Major League Baseball who believed in his slander, he has admitted to what any baseball fan with a speck of common sense already knew to be true.

Should this make any difference?

Should dropping a tear in front of Charlie Gibson on ABC give us any reason to believe in you?

The answer is no.

Pete Rose has no place in baseball's Hall of Fame.

The fact is that he was an outstanding baseball player with 4,256 hits and a .303 career batting average over 24 seasons. This said, MLB denied "Shoeless" Joe Jackson (1,772 hits and a .356 career batting average in only 13 shorter seasons) a place in the hall for allegedly throwing the World Series.

This established legal precedent.

Furthermore, to think that players like Barry Bonds and Sammy Sosa face the media onslaught for steroids and supplements that may deny their place in the Hall only goes to show that dishonoring the game is not the way to go.

So, Pete, enjoy the book rights. In fact, if all goes the way it should, you can write another book on why you were disallowed admission into baseball's heaven.

Bottom Line: Pete Rose is, simply put, a liar.

What makes things worse is that he is a very tactical liar. He knows how, when and where to execute his lies.

He lies to friends. He lies to the media. He lies on paper. He lies on camera. He lies to sell books. He lies to do television exclusives, and now he has lied to get into the Hall of Fame.

The only place that he doesn't lie — is in his bed.

He's too busy at the casino.

The Goat

Whether or not Pete Rose should be allowed back into Major League Baseball and enshrined into the Hall of Fame are two very distinct and separate issues.

Sgt. Joe Lindsay

Charlie Hustle's credentials as a player are irrefutable. He is baseball's career leader in hits (4,256), singles (3,215), atbats (14,053), and games played (3,562). He was the National League Rookie of the Year (1963), NL MVP 1973, World Series MVP 1975, and NL Golden Glove 1969, 1970.

He won three World Series rings (1975, 1976 Cincinnati, 1980 Philadelphia), led the NL in batting three times (1968, 1969, 1973), and was a 17-time All-Star at a record five different positions (2B, RF, LF,

But it wasn't just the stats that made America love Pete Rose, that made him a hero to countless Little League boys. It was the way he did things.

Rose walked 1,566 times in his Major League career, but never once strutted down to first base. He sprinted every single time. And we loved him for it.

In a meaningless All-Star game with nothing more than pride at stake between the National and American Leagues, he mowed catcher Ray Fosse down at home plate like a locomotive. You see, to Rose, the game wasn't meaningless. No game was. If it was meaningless, then why play it? Every game counted.

More than that, every play counted for Pete Rose. And we loved him for it.

Rose played the game with a passion, a passion that said "I am going to give 100 percent at all times; I am going to keep

going and going until I have nothing more to give, and then I am going to give some more." And we loved him for it.

Pete Rose gave it his all for the simple sake that giving your all was the way he was built. He didn't know any other way. And those same quirks of personality that made him such a wonderful player — never knowing when to give up, always pushing it to the limit, not caring about anything but the moment — also made him a dreadful, degenerate gambler who bet on baseball while he was a manager.

Bottom Line: If Rose were reinstated into baseball, it would be a huge mistake, and would open a Pandora's box. As Harvard's Ken Gewertz astutely observed, "When Bill Buckner let that ball go through his legs in the sixth game of the World Series, no one thought that he had thrown the game because of the trust that baseball has earned."

The truth is, Rose can't be trusted. That is true for most degenerates.

If Rose is reinstated to baseball, rehired as a manager, then makes a questionable decision during a game, it is going to raise doubts. Did he do it to cover the spread?

Just having Rose back in the game weakens it. Baseball doesn't need to relive 1919. Baseball doesn't need Pete Rose in its future, but it does need him in

Baseball needs to acknowledge its history and the artistry of its great players. It would be a shame if museums didn't display the works of Jackson Pollock because he was a drunkard or Van Gogh because he was a nutcase. It is time the Hall of Fame hung the portrait of Pete Rose on its wall.



EADERS STRIKE BACK

'What really got me was not the Goat's failed picks, but the Professor's total incompetence'

Dear Goat and Professor,

Thank God I had made my picks in the office pool before I got a hold of the Goat and Professor's choices for the Final Four ("What teams are going to the 2004 Final Four?" March 19, page C-3).

The Goat has already proven that he has no insight. His championship game picks were Kentucky and North Carolina State. Neither got past the second round. Still, he has Oklahoma State in the

Final Four, so there is a sliver of on intelligence there.

What really got me was not the Goat's failed picks, but the Professor's total incompetence. Your question said, "What teams are going to the 2004 Final Four?" I'm still waiting for The Professor's

All he did was pick Duke to win it all. No mention of what other teams would be in the Final Four.

How about reading your own question before you go off

wild Professor?

Pretty poor journalism if you

— Sincerely, Andy Swindall San Diego, Calif.

(Editor's Note: Except for spelling and punctuation corrections, comments are printed as they are received, or "sic.")

C-4 • March 26, 2004



spotlight on health

Eating disorders don't discriminate

Featurettes

Obesity isn't the only problem we apparently have to worry about. It now appears that though the media spotlight is focused on America's expanding waistline, two other disorders besides compulsive overeating anorexia and bulimia — are also wors-

In fact, according to the latest research, all three disorders have grown to such an extent that health experts have been forced to rethink the traditional image of "eating disorders," in general being mainly associated with young, privileged white women.

In today's world, people of all ages, sexes, socioeconomic and ethnic backgrounds are affected.

Eating disorders are the most deadly of what are classified as mental illnesses. At the Renfrew Center, the nation's first freestanding and largest treatment facility for such disorders, for example, one of the most startling things that has been discovered is the expansion of the age range of those seeking help: 23.5 percent of the women treated at Renfrew are now over 35, as opposed to 17.5 percent just three years ago. What's more, the center is also treating an increasing number of women of

'When Renfrew opened in 1985, we saw women from all social, economic and ethnic backgrounds," said Sam Menaged, Renfrew's president and CEO. "However, in the last few years, we have seen a dramatic increase in the number of women over 35 and in the number of non-Caucasian women com-

ing into treatment." While media images continue to glamorize excessive thinness, widely agreed to be a contributing factor in the rise of eating disorders, middle-aged women often have their own particular set of stresses to cope with that include divorce, "empty-nest syndrome," and changes in body size and shape. And, as Menaged added, "While women of color face the same stressors as Caucasian women, they may also experience racism, and thus increasingly turn to eating disorders to cope."

Because eating disorders are complex, involving both physical and psychological issues, they are often misunderstood and among the most difficult illnesses to treat. Research has found that it takes longer for non-white women to be correctly diagnosed with anorexia, and their symptoms are more severe at time of diagnosis.

The misdiagnosis of women of color and the delay or lack of treatment for or visit www.renfrewcenter.com.

their eating disorder is hazardous to their health and can result in an increased risk of mortality.

If these disorders are diagnosed and treated early, there is a much better response to treatment and a higher rate of recovery.

Eating disorders are serious health and life-threatening physical disorders

that most often stem from some underlying emo-They tional cause. usually fall into three categories: anorexia nervosa, or selfimposed starvation; bulimia nervosa, the repeated cycle of outof-control eating followed by some form of purging; and binge eating disorder, or compulsive overeating.

The Renfrew Center, which has treated more than 35,000 women since opening its doors in 1985, has residential and outpatient facilities in seven locations on the east coast. The center specializes in the treatment of eating disorders, including anorexia, bulimia, binge eating disorder and related mental health issues.

To learn more, call 1-800-RENFREW,

Warning Signs of Anorexia

 Continues to diet or restrict foods even though he/she is not overweight (i.e., is thin and keeps getting thinner).

> Has distorted body image; feels fat even when he/she is thin.

 Exercises obsessively and weighs self frequently.

Warning Signs of Bulimia

 Engages in binge eating and cannot voluntarily stop.

- Feels guilty or ashamed about eating.
- Uses the bathroom frequently after meals.

Warning Signs of **Binge Eating**

- Eats large amounts of food when not physically hungry.
- Eats much more rapidly than
- •Often eats alone because of shame or embarrassment.

USP debunks mystery of vitamins, minerals

NAPS Featurettes

The independent public health organization United States Pharmacopeia (USP) sets industry standards for dietary supplements and has developed the Verification Supplement Program to answer frequently asked questions about vitamins and minerals.

Here are answers to some of them.

Q. What are vitamins and minerals?

A. They're nutrients you need to stay healthy in many foods you eat. You can the nutrients you need.

Vitamins

Vitamins are either fat-soluble or water-soluble. Fat-soluble vitamins are stored in the body's fat tissues and used when needed. Vitamins A, D, E and K are all fat-soluble.

Water-soluble vitamins are not stored well in the body, and you need a fresh supply regularly. For example, B vitamins are water-soluble vitamins.

Minerals

Minerals are also necessary for vital

body functions, and they come in two by USP. groups. Trace minerals are needed in small amounts; chromium, iodine, iron, selenium and zinc are examples.

Macrominerals are needed in larger amounts. Calcium, magnesium, phosphorous, and potassium are macrominerals.

Q. Why take supplements?

A. Supplements can be an inexpensive way to make sure you get all the vitamins and minerals you need, even if you get most of them from food. Some people take supplements because they can't take supplements to make sure you get eat certain foods like milk, a good calcium source, for those who are lactose

Q. How are vitamin and mineral dietary supplements regulated?

A. The U.S. Food and Drug Administration (the FDA) regulates vitamin and mineral dietary supplements as a food product. The USP created the Dietary Supplement Verification Program to help consumers be sure that what is on the label at grocery and department stores is what's in the bottle.

Supplement makers earn the DSVP symbol by having their products tested

Q. What is the DSVP certification

A. This symbol lets you know USP has tested and checked ingredients and the manufacturing process. The supplement has passed important tests to help assure you of the following:

1) The product contains the ingredients listed on the label.

2) The product will dissolve so the ingredients will be absorbed into your

3) The product has been screened for harmful substances such as bacteria and

4) The product has been made in safe, sanitary, well-controlled conditions.

Q. Are all vitamin and mineral supplements with the DSVP mark the same quality?

A. The USP does not rate vitamins and minerals or compare them with each

Q. How do I know a supplement meets USP's standards?

A. Look for the DSVP symbol or the

letters USP on the front of the label.

Q. What do I need to know about supplements before I buy or take them?

A. The USP uses detailed laboratory tests to check the quality of vitamin and mineral supplements. You can also take into account the following:

•Most supplements are available as either tablets or capsules and may dissolve fairly quickly or quite slowly in your body. This affects how well your body can absorb them and why DSVP on the label is important.

•Quantity or strength is important. Products with the DSVP mark contain the amount listed on the label. Before taking a supplement, ask a health professional about the supplements and the amount you need to take. Different people may need different amounts.

•When buying supplements, check the expiration date on the bottle to make sure you will use all its contents before the date. A product past this date may no longer meet USP standards and may lose a lot of its effectiveness.

For more information on vitamins and mineral dietary supplements, visit www.usp-dsvp.org.

It is possible to break free of addictive disorders

NAPS Featurettes

Many may have an addictive disorder, and the good news is that those who recognize their behavior can learn to cope and recover.

Here are some tips to help speed your recovery.

1) Drop the denial. A person with an addictive disorder must become willing to admit that there is a problem.

2) "First things first." To borrow this phrase often used in recovery groups, the person with an addictive disorder must be willing to let go of the addictive behavior first before trying to solve the accompanying emotional problems. It's the addictive behavior itself that causes depression, anxiety and pain.

3) Seek out professional help support. and

Willpower alone will not suffice.

A trained professional can evaluate and develop a plan of action to help you recover.

4) Encourage your family to get **help, too.** It is not enough to "fix" one person while overlooking the pain the loved ones have endured.

To find out more, visit PacifiCare Behavioral Health at www.pbhi

Expert gives tips for a healthy heart

Dr. Decker Weiss For NewsUSA Featurettes

"An apple a day keeps the doctor away," or so they say. But what keeps the heart surgeon away?

Taking care of your heart is one of the most important things you can do to maintain good health, yet you probably don't think as much about your heart as

By merely adopting the five tips listed below, you can make immediate improvements that will help you keep your heart pumping right along, and strong.

Prescription for a Healthy Heart

•Be active. Just like your other muscles, your heart needs a workout, too. Make sure to do some physical activity such as jogging or walking, every day.

•Listen to your body. Be aware of changes in your body and don't be so quick to dismiss them as nuisances. For instance, recent research indicates that inflammation in your gums, joints or digestive system could potentially be signaling something more serious and may impact your heart health.

•Do your best to reduce stress. While it is impossible to avoid negative stress altogether, the way you respond to stressful situations has an impact on your health. Stress raises your heart rate and blood pres-



Since being active is an integral part of keeping their heart healthy, (from left to right) Scott Chambers, acting Marine Aircraft Group 24 sergeant major; Patrick McMaster, quality assurance chief with Marine Heavy Helicopter Squadron 363; and Ron Malbon, airframes quality assurance representative with HMH-363, all run regularly as part of their fitness routine.

sure and stimulates your nervous system, causing your body to release stress hormones. High levels of these stress hormones can be damaging to your heart and blood vessels.

•Watch your blood pressure. It is important to maintain healthy blood pressure levels. Check your blood pressure and speak with your doctor about any increases or problems.

•Keep cholesterol levels normal. Fish oil can help maintain healthy cholesterol levels already within normal limits. Look for a good fish oil supplement high in healthy omega-3 fatty acids. You might also consider a garlic supplement, to help maintain healthy cholesterol levels without giving you garlic

•Shore up your diet. A poor diet can impact your overall health, but more specifically, not getting enough of some key nutrients can impact your heart health. That's why it's important to make sure that you are taking the right mix of supplements to support optimal heart health.

(Editor's Note: Dr. Decker Weiss is a member of the Enzymatic Therapy Scientific Advisory Board and an expert in natural integrative cardiology. He reminds that some supplements may interfere with prescriptions you may be taking, so always check with your physician before taking new medications and supplements.)

Eating out can be eating healthy

Eating healthy meals at restaurants hinges on making balanced, nutritional choices

> **NAPS Featurettes**

Today's busy schedules often call for dinner plans at a restaurant. It's a fast and easy solution, but is it healthy? While it may seem difficult impossible.

According to a recent study conducted by Taco Bell, more than two-thirds believe Americans there are fewer healthy choices when eating However, more restaurants are now offering a variety of healthier options on the

If you can't find what you want, then ask, because most places are willing to modify an order to meet

dietary needs. "With Americans eating almost six meals per week to control how much you eat. If poroutside the home, it's important to understand how to make balanced choices in any environment," said registered dietitian Jackie Newgent. "By making a few simple changes, people can eat more nutritiously and still enjoy delicious, flavorful food while eating out."

Are you not sure what to order? Dine out with confidence by following the tasty tips below.

Dining Out Checklist

• Watch your portions. Order off to dine out and stay slim, it's not the menu rather than off the buffet,

tion sizes are large, request a takeout container at the beginning of the meal, and save the rest for later.

•Get it on the side. Ask for gravies, sauces and dressings on the side, or substitute them with a lowcalorie sauce like salsa.

 Avoid high-calorie beverages. Drink water, diet soda or coffee instead of regular soda or alcoholic beverages. Switching from regular to diet soda can easily shave off 100 calories a day, and can make a significant impact on overall health.

•Fill up on veggies. Order extra

vegetables whenever possible. Even lettuce, tomatoes and salsa give a nutritional boost to a meal.

 Choose lean meats and cooking methods. Look for the leaner cuts of beef or meat like chicken breast, and ask for it baked, grilled or roasted rather than fried.

•Eat slowly. Take breaks between bites to give your body enough time to signal when it is full. Concentrate on the environment and people you're dining

with and you'll be able to keep from devouring food.

Site serves up fitness advice

Web site addresses issues just for adolescent females

> **NAPS Featurettes**

The federal government has taken a healthy look at what young women need and developed some innovative answers.

The U.S. Department of Health and Human Services' Office on Women's Health, and the National Women's Health Information Center have developed 4Girls.gov to target girls ages 10-16.

Developed with advice from organizations that serve girls and from girls themselves, the site combines the latest health knowledge with messages and materials designed to appeal to young women and their parents.

Newly redesigned, the site includes lively graphics and a variety of tips about puberty, fitness, nutrition, stress, safety and relationships and other important adolescent issues.

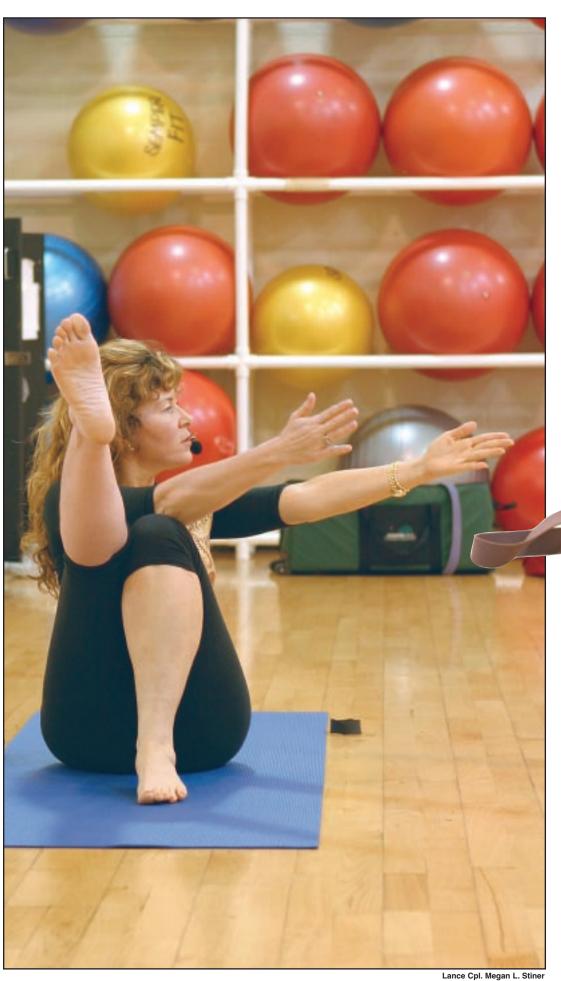
A wealth of information can be found within this site including easy ways to add fitness to their lives, such as by walking a dog, taking the stairs instead of the elevator, going dancing, washing the car, going for a hike or mowing the lawn.

For more information about how young women can improve their health, visit www.4girls.gov.



Eating out doesn't have to mean sacrificing nutrition. By having a better understanding of what to choose and what to avoid, eating out can be a healthy dining experience.

C-6 • March 26, 2004



Pilates instructor Patricia Salvani demonstrates a seated stretch at the Semper Fit Center during one of her classes. All skill levels are welcome to attend Pilates.



"I was always interested in working out and improving my flexibility," said Salvani. "It is something I enjoy doing and Pilates gives me the best results."

According to Salvani, you can strengthen your muscles by working with weights, but you won't understand the way your muscles work until you are involved in something like Pilates. She explained that once you learn more about flexibility, abdominals and the powerhouse muscles, then you build your body from the strongest part, the center, and outward.

Students at the Semper Fit Center give Salvani a lot of feedback from the classes, she said. She then takes that information into consideration when deciding exactly what exercises will be used that night.

Salvani's class is for anyone, from the beginning Pilates student, to the experi-

enced fitness guru.
The level of difficulty is up to each participant.
"In Pilates,

blocks and wraps are used to stretch and strengthen a person's muscles," explained Salvani. "There are different techniques that can be done using the tools to increase the difficulty of an exercise."

The blocks are used primarily to sustain the spine, and the wrap is

used as a strengthening and stretching tool to increase flexibility in the hamstrings and pelvis. But no matter how flexible you are, you can definitely benefit from this class, she said.

"If you really want to keep in shape, no matter what age you are, it will help to keep your self esteem up while also strengthening your muscles," she said. "I encourage anyone to come and try it; you don't need any prior knowledge or experience. Just come out and have a good time."

For more on the Pilates program, call 254-7597. Classes run in hour-long sessions. Dates and times are available in brochures at the Semper Fit Center.

Pilates participants should wear clothing that allows for free movement of all limbs.



Lance Cpl. Megan L. Stiner

A Pilates student focuses on maintaining the correct form for maximum effect during attendance at a recent session. It takes concentration and practice to achieve the proper balance of form and technique. However, according to many Pilates newcomers, the low-impact exercise routine is easy to learn and fun to perfect.

Did You Know?

NAPS Featurettes

You should not keep your medicine in the bathroom. Try the kitchen instead.

Although it's called a medicine chest, the cabinet in your bathroom is housed in a warm, humid environment that can cause drugs to deteriorate.

People are typically instructed to store medications in a cool, dry place such as the kitchen pantry. In some instances, as with certain antibiotics, medications must be refrigerated.

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